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Flexible Sigmoidoscopy

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Your upcoming procedure is on:

Your procedure starts at:

**The day of your procedure, please present to the front entrance of Doctor’s Building 2 and follow the signs to Suite 101 to check in with the GI Lab.**

**Olathe Medical Center, Dr Building #2**

**20805 W 151st St, Olathe, Ks 66061**

Please expect a call from one of our pre-procedure nurses from the GI lab 5-7 days prior to your procedure to review your medications and pre-procedure questions that you may have. These calls are not spam but may be flagged as such. If the nurses are unable to reach you, your appointment may be rescheduled.

**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach your physician’s office at: **913.355.3896**

**Special Notes**: You have been scheduled for a flexible sigmoidoscopy for the purpose of examining your rectum and colon. The doctor may also take biopsies to check for other colon disorders. You will have an IV for the procedure so you can have sedation to make you comfortable during the procedure. Please follow your prep instructions carefully to ensure a clean colon for an accurate exam.

**PREP WEEK AT A GLANCE**

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| **5 days to procedure** | * Review your prep instructions thoroughly. Review medication changes/restrictions starting today. You may take aspirin and non-steroidal medication (Ibuprofen, Aleve, and Naproxen). * **STOP** iron supplements and fish oil. |

DETAILED PREP INSTRUCTIONS

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| Step 1 | 12:00 am (midnight) NO SOLID FOODS AFTER MIDNIGHT, LIQUIDS ONLY. |
| Step 2 | NO FLUIDS, INCLUDING WATER, 2 HOURS PRIOR TO THE PROCEDURE. |
| Step 3 | 2 HOURS PRIOR: Use the first Fleet enema two hours prior to leaving for the GI lab procedure. |
| Step 4 | 1 HOUR PRIOR: Use the second Fleet enema one hour prior to leaving for the GI lab procedure. |
| Step 5 | Check into Olathe Medical Center, Doctor’s Building 2 (front entrance), Suite 101. (20805 W. 151st St. Olathe, KS 66061)  Do NOT come to the doctor’s office. You will have a long walk to registration and will be late checking in. |

* **Tell your doctor about ALL the medicines you take.**

**Blood thinners** such as Coumadin® (warfarin), Plavix® (clopidogrel), Xarelto® (rivaroxaban), Eliquis® (apixaban), Pletal® (cilostazol), Brillinta® (ticagrelor), Aggrenox® (ASA/dipyridamole), Effient® (prasugrel) or Savaysa® (edoxaban).

**Contact your prescribing physician *1 week prior* to your colonoscopy to ensure you can stop your medication.**

*\*\* Baby Aspirin (81mg) and full-strength Aspirin 325 mg are ok.\*\**

**Diabetes medicines** may need to be adjusted. Tell your primary care doctor that you are having a procedure so they can change your doses, if needed.

**GLP-1 medications** such as Trulicity (dulaglutice), Bydureon, Ozempic (semaglutide), Wegovy (semaglutide), Mounjaro (terzepatide), Byetta (exenatide), Victoza (liraglutide), Saxenda (liraglutide), Adlyxin (lixisenatide), Rybelsus (semaglutide), Zepbound (tirzepatide). If taking daily hold the day of procedure, if taken weekly **hold 1 week prior to procedure.**

**Phentermine** must be held a minimum of **14 days** prior to the procedure.

**Blood pressure medicines** will continue as directed by my doctor.

**Vitamins and dietary supplements** will need to be stopped 5 days before procedure. This includes herbal supplements, iron and fish oil.

□ **Arrange an adult (18 or older) to drive to and from the procedure, as well as stay on campus during the procedure.**

You will be given medicines to make you sleepy and will not be able to drive or operate machines after the procedure. You will not be allowed to take a bus, taxi, Uber/Lyft, or walk home unless you are with an adult. Your procedure will be cancelled if an adult is not with you.

Flexible Sigmoidoscopy Preparation Shopping List

AVAILABLE OVER THE COUNTER

No prescription necessary

TWO Fleet Enemas



